AMENDMENT TO THE CLAIMS

Please amend the claims, shown in a complete listing thereof, as follows:

Claims 1-13 (*Canceled*)

Claim 14. A gliding board comprising:

at least one core, each said core comprising a foam material:

an outer skin extending over said foam core;

said foam core comprising at least one first area and at least one second area, said one second area being both thicker and denser than said one first area;

no discontinuity of foam material between said one first area and said one second area.

Claim 15. A gliding board comprising:

at least one foam core; and

said form core having been created by a method comprising material compression thermoforming.

Claim 16. A gliding board according to claim 15, wherein:

said foam core comprising one piece of foam material, said one piece of foam material having at least one first area denser and thicker than a second area.

Claim 17. A gliding board according to claim 16, wherein:

said first area comprises a foot or boot binding area adapted to receive mounting hardware to secure the binding to the board.

Claim 18. A gliding board according to claim 17, wherein:

said at least one first denser and thicker first area comprises two longitudinally spaced apart first areas adapted to receive mounting hardware to secure longitudinally spaced apart bindings to the board.

Claim 19. (*New*) A method of manufacturing a gliding board, said method comprising:

creating a core preform, said preform comprising foam material;

shaping said core preform by thermoforming said core preform to create a core, said thermoforming comprising compressing at least an area of said foam material;

covering said core with an outer skin.

Claim 20. A method according to claim 19, wherein:

said foam material is a rigid foam.

Claim 21. A method according to claim 19, wherein:

said foam material is a thermoplastic foam.

Claim 22. A method according to claim 19, wherein:

said shaping by thermoforming comprises creating areas having respective different densities.

Claim 23. A method according to claim 19, wherein:

said foam material of said core preform has an initial density;

said shaping by thermoforming compresses said foam material in said at least an area of said foam material to have a density greater than said initial density by at least 20 percent.

Claim 24. A method according to claim 19, wherein:

said foam material of said core preform has an initial density;

said shaping by thermoforming compresses a peripheral area of said core preform foam material to have a density of said core higher than said initial density.

Claim 25. A method according to claim 19, wherein:

said foam material of said core preform has an initial density;

said shaping by thermoforming compresses an area of said core preform foam material beneath an upper surface area of the board adapted to support at least one foot of the user to have a density of said core higher than said initial density.

Claim 26. A method according to claim 19, wherein:

said foam material of said core preform has an initial density;

said shaping by thermoforming preserves areas of said core preform at said initial density not subject to compression.

Claim 27. A method according to claim 19, wherein:

said foam material of said core preform has an initial density;

said shaping by thermoforming compresses at least one area of said core preform foam material to produce said core having a first area having a first density and a first thickness and a second area having a second density and a second thickness, said second density being greater than said first density and said second thickness being greater than said first thickness.

Claim 28. A method according to claim 19, wherein:

said thermoforming by compressing creates a core having a housing adapted to receive an insert.

Claim 29. A method according to claim 28, further comprising:

positioning said insert within said housing.

Claim 30. A method according to claim 28, wherein:

said thermoforming by compressing uses said insert as a tool to create said housing.